



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

St. Croix County Youth Nutrition and Activity Coalition

Contact Information

Main Contact Person Teresa Kvam
Title of Main Contact Public Health Nutritionist
Agency Affiliation of Contact St. Croix County Public Health
Contact Phone Number 715-246-8368
Contact Email Address teresak@co.saint-croix.wi.us

Program Information

Type of Program Health Dept
Year Coalition was Formed 2004
Primary program focus Both Physical Activity & Nutrition
Region Western
County St. Croix
Coalition Web Site Address

Program Information

Represented Groups on Coalition Business Community Health Care Health Dept Schools UW-EX WIC	Represented Professions on Coalition Business Citizen Rep Dietitian Educator Exercise Specialist Nurse Physical Therapist Physician
--	--

A Wisconsin Nutrition and Physical Activity Program



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Intervention Name

Walk To School Days / Walking School bus development

Intervention Information

Type of Intervention:
Physical Activity & Nutrition - Event
Focus Area:
General Physical Activity
Intervention Site or Setting:
School
Scope of Intervention:
School
Target Audience:
All races and genders
Ages 12-19
Total Population in Area Served:
4000+
Number of Participants:
1600
Implementation Status:
Twice a year- with ongoing walking school bus groups

Partners:
Parents, school staff, high school students, assisting lower school age children
Unique Funding:
Evaluation:
Service Provision
Service data and direct observation - Semi-annually
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

5-A-Day- stickers and posters for each school Developed walk to school day teacher packet using ideas from national web site Pedometers provided for drawing from all participants names Fruit/yogurt parfait provided with recipe and lists of other healthy snack and brown bag lunch ideas

Intervention Description:

A Wisconsin Nutrition and Physical Activity Intervention



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Intervention Name

Exercise /Activities for Families Promotion

Intervention Information

Type of Intervention: Physical Activity Event
Focus Area: General Physical Activity
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: White – All genders and ages
Total Population in Area Served: 67,000
Number of Participants: 200
Implementation Status: Ongoing

Partners: Community Education County Resource Center YMCA Schools Libraries
Unique Funding
Evaluation: Health Indicators and Service Provision – monthly Impact on attitudes and behavior – One-time survey
Evidence-Based or Best Practice based on Numerous data on benefit on health from exercise is multiplied when family routinely chooses exercise options.

Products Developed or Materials Used:

Intervention Description:

Developing multi-age walking clubs and family activity options offered locally. The Coalition helps develops activities and spreads the word through existing organizations.



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Intervention Name

Healthy Cooking of Quick Meals Initiative

Intervention Information

Type of Intervention: Nutrition Event
Focus Area: Adequate food
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: All races, genders and ages
Total Population in Area Served: 67,000
Number of Participants: 200
Implementation Status: Ongoing

Partners: Community Education UW- Extension Schools Libraries
Unique Funding
Evaluation: Impact on Knowledge Survey and direct observation – One-time
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Develop cooking courses to help provide skills/confidence in planning and preparing healthy meals within limited time constraints.

Intervention Description:

See above

A Wisconsin Nutrition and Physical Activity Intervention